

Assessment of Furniture in Old Age Homes of Uttarakhand, North India

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ABSTRACT The study was conducted in two regions of Uttarakhand State of North India with an objective of evaluating the dimensions of furniture provided in old age homes and to determine whether this type of furniture is well- designed and promotes good posture by taking into account the dimensions of elderly people and Indian Standard codes. Anthropometric data were collected on twenty percent of total elderly people (N=60) randomly selected from the old age home at Geeta Kutir in Haridwar district of the state. The dimensions were measured for different types of furniture prevalent in old age homes. Finally, the anthropometric measurements of the elderly and the furniture dimensions were compared in order to identify any incompatibility between them. The results indicate a mismatch between the elderly body dimensions and the furniture available to them. The chairs and beds were too high and too deep and tables were also high for the elderly. This situation has negative effect on the sitting posture of the elderly especially when reading or writing. These findings call for the attention of all architects, engineers, residential designers, builders, developers and agencies which are engaged in planning and building housing intended to be occupied by the elderly.